

# Bailey's Senior Center

5920 Summers Lane Falls Church, VA 22044



Operating Hours: Monday - Friday 9 a.m. to 4 p.m.

[www.fairfaxcounty.gov/ncs](http://www.fairfaxcounty.gov/ncs)

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.  
Deidre Light, Senior Center Director, 703-820-2131, TTY 711

October 2015			
Programs			
Programs	When	Time	Description
Coffee Hour	Monday - Friday	9 a.m.	
Tables Games	Monday - Friday	10:30 a.m.	Play your favorite game with friends or learn a new one.
Walk for Fun	Monday - Friday	11 a.m.	Track your steps walking around the gym.
Fitness Room	Monday - Friday	10 a.m.	Utilize free weights or stationary machines.
Quilting Project	Monday, Thursday	12:00 p.m.	Group project where everyone learns from each other.
Helping Hands Project	Monday	12:30 p.m.	Group craft project encouraging volunteerism and giving back to the community.
Dominos - Rummikub	Monday - Friday	10 a.m. - 1:30 p.m.	Have fun while keeping the mind sharp.
Scrabble for Fun	Monday, Wednesday, Friday	1 p.m.	Classic word game to keep up cognitive skills while having fun with friends.
Classes			
Classes	When	Time	Description
Arts & Crafts	Friday	10:30 a.m.	Experience a variety of craft projects.
Chair Exercise	Wednesday	10:30 - 11:30 a.m.	Seated aerobic exercise designed to increase the heart rate while having fun.
Chair Exercise	Tuesday, Thursday	11:15	Seated aerobic exercise.
Ceramic Class	Wednesday, Friday	11 a.m. - 1 p.m.	Learn the basics of ceramics while painting your own piece.
Tai-Chi Class	Friday	10:30 a.m. - 12:30 p.m.	Chinese meditative practices which use slow graceful movements and controlled breathing techniques that strengthen your mind-body connection, reduce stress, promote serenity and improve circulation.
Line Dance	Tuesday, Wednesday	12:30 - 2:30 p.m.	Line dance for the advanced dancer.
Tech Time	Appointment Only		Bring your questions and your devices. Get the most out of your mobile device with help using your cell phone, tablet or laptop. APPOINTMENT ONLY
Yoga	Monday	11 a.m. - noon	Seated yoga for toning and relaxation.
Special Events/Trips			
Special Events/Trips	When	Time	Description
Blood Pressure Check	TBA	TBA	FREE blood pressure checks.
Fire Department	TBA	1 p.m.	Fire Department visit. Informal presentation on keeping your home safe and protected for emergencies.
Trip: Wegman's	October 4	10:30 a.m.	Trip of necessity. Visit local shopping centers.
Trip: El Grande (Springfield)	October 9	10:30 a.m.	Trip of necessity. Visit local shopping centers.
<b>Center Closed</b>	October 12	1 p.m.	<b>CENTER CLOSED.</b> County Holiday.
AARP Smart Driver Class	October 13 & 15	9a.m. - 1 p.m.	Smart Driver Class provided by AARP.
Trip: Old Towne Alexandria	October 14	10:15 a.m. - 1:30 p.m.	Tour of Old Towne Alexandria. Part 2 of a 3 part series.
Trip: Wal-mart	October 16	10:30 a.m.	Trip of necessity. Visit local shopping centers.
Trip: Old Towne Alexandria	October 21	10:15 a.m. - 1:30 p.m.	Tour of Old Towne Alexandria. Part 3 of a 3 part series.
Birthday Celebration	October 21	12:15 p.m.	Celebrate this month's birthday with cake and singing. Enter the drawing to win a prize.
Trip: Dollar Tree	October 23	10:30 a.m.	Trip of necessity. Visit local shopping centers.
Halloween Party	October 26	10:30 a.m.	Celebrate Halloween and have some Fall fun.
Nutritionist Visit	October 28	12:00 p.m.	Informal presentation on various food and nutrition related topics.
Senior Benefits Workshop	October 28	10:30 a.m.	Workshop informing seniors of benefits available to them. Services range from prescription drug cost assistance to living wills. A light snack will be provided.
Trip: Fair Oaks Mall	October 30	10:30 a.m.	Trip to visit Fair Oaks Mall.
Community Meeting			
Meetings	When	Time	Description
Senior Roundtable	Wednesday, October 28, 2015	1 p.m.	Monthly senior meeting to discuss programming ideas and get feedback from participants. Senior Center Participants have an opportunity to voice questions and concerns about the center in an open forum.